



40 DAYS OF FITNESS

September 25th
thru November 3rd

Only \$40 Per Adult
\$20 per child



What's Included:

- 2 One-on-One Personal Training Sessions
- Daily Workouts With A Certified Personal Trainer
- FREE Daily Live Online Workouts
- FREE Outside Bootcamp Workouts
- Facebook challenge group
- Daily Diet & Nutrition Tips
- Friendly Competition With Others In the Challenge
- Swag bag with T-shirt, tape measure, and more!
- Opportunity To Win Great Prizes

Prizes Include:

- 5 Day / 4 Night Luxury Vacation (over 50 destinations)
 - Detroit Lions Football Tickets
 - 1 Year Of FREE Personal Training
- And much more!

**Join the Fall Flex
40 Fitness
Challenge for only
\$40 and get
measurable results
you can see!**



Scan The QR Code or

Questions?

CALL (586) 434-4770



REGISTER ONLINE

NOW >

www.flexmotionfitness.com/40